

Welcome to Medicines in My Home.

Today, we are going to talk about over-the-counter (or OTC) medicines and how to use OTC medicine labels. To use OTC medicines safely and correctly, you need to read the label and use the information on the label.

Many of the medicines that people use to treat common problems like headaches, fever, stuffy nose, allergies, cough, upset stomach, or diarrhea are over-the counter medicines.

Today we are going to learn:

- How to read an OTC medicine label
- How to choose a medicine that is right for your problem
- How to take the right amount of medicine
- How to know when you need to stop using a medicine or when you should not use a medicine at all.

Over the next few years, you may start making some of these decisions on your own. But for now, while you are still learning and growing, it is important to use medicines only with permission from your parent or guardian.

Medicines are Drugs

A medicine or drug...

- changes how your body works, or
- treats or prevents a disease or symptom

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So, what is a medicine?

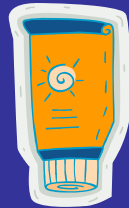
A medicine is a drug. **Medicine** and **drug** mean the same thing.

A medicine or drug changes how your body works OR
Treats or prevents a disease or symptom.

Medicines can do things as simple as making you feel better when you have a cold or as complicated as treating cancer (like chemotherapy).

Today we are going to be talking about the safe and correct use of medicines, mostly over-the-counter medicines. All of the prescription and over-the-counter medicines you use are approved by the Food and Drug Administration (FDA). The Food and Drug Administration is the part of our country's government that makes sure that our medicines are safe and do what they say they do.

Who Has Used an Over-the-Counter Medicine This Week?



What are some reasons for using an OTC medicine?

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So, have you or has anyone in your family used an over-the-counter medicine this week?

(In the classroom, write down the medicine taken by the student or family member and the reason it was taken. Students tend to provide examples of both over-the-counter medicines and prescription medicines. If you are not familiar with a medicine or think that it may be a prescription medicine, ask the student whether he or she needs a prescription from a doctor to get the medicine.)

Okay. This list gives us good examples of why people use medicines. Headaches, stuffy nose, and allergies are very common reasons that people use over the counter medicines.

Some of these examples are prescription medicines. Let's take a couple of minutes and talk about how prescription and over-the-counter medicines are different and how they are the same.



Prescription and Over-the-Counter Medicines

How are they different?

How are they the same?

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So, how does someone get a prescription medicine?

Okay, so you go to your doctor....does your doctor give you anything?

The doctor gives you a written prescription....what do you do with that?

Very good. You take it to the pharmacy, or sometimes a doctor sends the order for your medicine in over the phone or FAX to the pharmacy. After your prescription is filled by the pharmacist, you pick it up and pay for it.

Should anyone else ever use a prescription medicine that is prescribed for you? (NO)

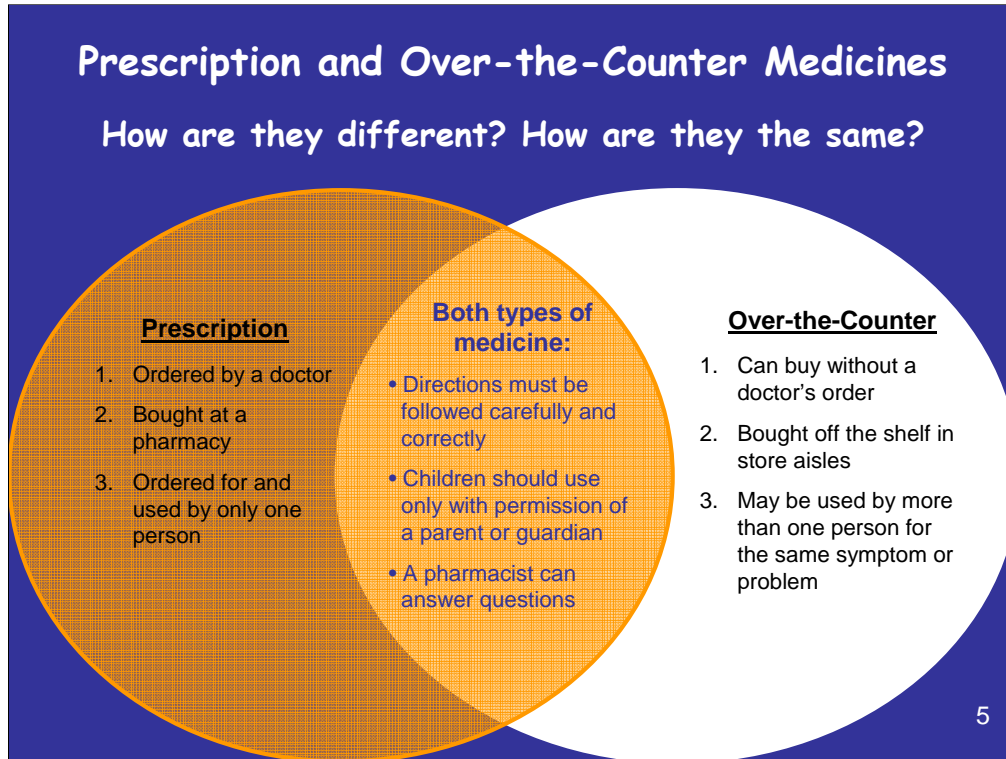
Should you ever take your friend's or your mom's prescription medicine? Even if they say it works really well? (NO)

Prescription medicines should only be used by the person that the doctor prescribed the medicine for.

Okay, so that is how you get your prescription medicine....How do you get an over-the-counter medicine?

That's right. An over-the-counter, or NONprescription medicine, can be bought off the shelf in a pharmacy, a grocery store, or some convenience and department stores.

So, let's say you have a bad cough and a cold. Your mom suggests that you take an over-the-counter cough medicine to help stop your cough so you can sleep. You use it before bed for a couple of days. As you are feeling better, your brother gets sick with the same cough. Can your brother use the same cough medicine to help his cough? (YES – more than one person may use an OTC medicine to treat the same problem.)



So, let's review some of the ways that prescription and over-the-counter medicines are different and the same and see how we did....

(Click through the differences over 3 clicks – compare and contrast)

(Click once more to bring up the similarities)

Just because a medicine is available over-the-counter does not mean that it can't hurt you if you use too much of the medicine or use it incorrectly.

For all medicines, you must read and follow the directions.

Children should use medicine only with permission from a parent or guardian. You guys are older children and will start to make some of these decisions on your own over the next few years, so this is a good time to learn how to do it right.

If you ever have questions about a medicine, you can ask a pharmacist. If the pharmacist can't answer your question, your pharmacist will tell you to call your doctor.



How do you decide which medicine is
the right one for you?

Read the Drug Facts Label

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If you are not feeling so well, and you want to use an over-the-counter medicine to help you feel better, how do you decide which medicine is the right one to take?

(click)

Read the Drug Facts label.

On your desk, each of you has a label for “Feel Better” Cold and Fever Suspension and next to the label is the Drug Facts Label.

All over-the-counter medicines in the United States have a Drug Facts Label that looks like this. While the information inside the box is different depending on the medicine, the design of the Drug Facts Label and the order of the different sections is always the same. This makes it easier to find the information you want about your medicine and to compare different medicines when you are trying to figure out which medicine is right for your problem.

Let’s take a closer look.

Drug Facts Label

Active Ingredients
And what they do

Drug Facts

| Active ingredients (in each 5 mL teaspoonful) | Purposes |
|--|--------------------------------|
| Ibuprofen 100 mg (NSAID)* | Pain reliever fever reducer |
| Phenylephrine HCl 5mg | Nasal decongestant |
| *nonsteroidal anti-inflammatory drug | |

Uses temporarily relieves

- nasal and sinus congestion
- stuffy nose
- head ache
- sore throat
- minor body aches and pains
- fever

Warnings

Allergy alert: Ibuprofen may cause a severe allergic reaction, especially in people allergic to aspirin. Symptoms may include:

- hives
- asthma (wheezing)
- skin reddening
- facial swelling
- throat
- rash
- blisters

Sore throat warning: Severe or persistent sore throat accompanied by high fever, headache, nausea, and vomiting may be serious. Consult doctor promptly. Do not use more than 2 days or administer to children under 3 years of age unless directed by a doctor.

Do not use:

- if the child has ever had an allergic reaction to any other pain reliever/fever reducer and/or nasal decongestant
- right before or after heart surgery
- in a child who is taking a prescription monoamine oxidase inhibitor (MAOI), certain drugs for depression, psychiatric or emotional conditions, or Parkinson's disease, or for 2 weeks after stopping the MAOI drug. If you do not know if your child's prescription drug contains an MAOI, ask a doctor or pharmacist before giving this product.

Ask a doctor before use if the child has

- problems or serious side effects from taking pain relievers, fever reducers, or nasal decongestants
- stomach problems that last or come back, such as heartburn, upset stomach, or stomach pain
- ulcers
- bleeding problems
- not been drinking fluids
- lost a lot of fluid due to vomiting or diarrhea
- high blood pressure
- heart or kidney disease
- taken a diuretic

Ask a doctor or pharmacist before use if the child is

- taking any other drug containing an NSAID (prescription or nonprescription)
- taking a blood thinning (anticoagulant) or steroid drug
- under a doctor's care for any continuing medical condition
- taking any other drug

Drug Facts (continued)

When using this product

- take with food or milk if stomach upset occurs
- long term continuous use may increase the risk of heart attack or stroke

Stop use and ask a doctor if

- an allergic reaction occurs. Seek medical help right away.
- the child does not get any relief during the first day (24 hours) of treatment
- fever, pain, or nasal congestion gets worse or lasts for more than 3 days
- stomach pain or upset gets worse or lasts
- symptoms continue or get worse
- redness or swelling is present in the painful area
- the child gets nervous, dizzy, or sleepless
- any new symptoms appear

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

- this product does not contain directions or complete warnings for adult use
- do not give more than directed
- do not give longer than 10 days, unless directed by a doctor (see Warnings)
- shake well before using
- find right dose on chart below. If possible use weight to dose; otherwise use age.
- use only with enclosed measuring cup
- if needed, repeat dose every 6 hours
- do not use more than 4 times a day
- replace original bottle cap to maintain child resistance
- wash dosage cup after each use

| Dosing Chart | | |
|--------------|-----------|--------------------|
| Weight (lb) | Age (yrs) | Dose (teaspoonful) |
| under 24 | under 2 | ask a doctor |
| 24-47 | 2 to 5 | 1 tsp |
| 48-95 | 6 to 11 | 2 tsp |

Other information

- do not use if printed neckband is broken or missing
- store at 15-30°C (59-86°F)
- see bottom of box for lot number and expiration date

Inactive ingredients acetaminophen, citric acid, corn syrup, D&C red #33, FD&C blue #1, FD&C red #40, flavors, glycerin, hypromellose, polyacrylate 90, purified water, sodium benzoate, xanthan gum

Questions? 1-800-123-4567
<http://ChildrensFaeBetter.com>

Up at the very top of the first column of the Drug Facts Label are sections called: (click)

- Active ingredients
- Purposes
- Uses

(click)

These 3 sections talk about the medicine's active ingredients and what they do.

Active Ingredients: The parts of the medicine that make it work.

What does **Drug Facts** tell us about each active ingredient ???

- Its **name**
- **How much** is in each pill or teaspoon (5 mL)
- What it does (its **purpose** or job)
- The problems it treats (its **uses**)

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(Teach right off the slide)

What does this medicine treat?



| Drug Facts | |
|---|---------------------------------|
| Active ingredients (in each 5 ml teaspoonful) | Purposes |
| Ibuprofen 100 mg (NSAID)* | Pain reliever/ fever reducer |
| Phenylephrine HCl 5mg | Nasal decongestant |
| *nonsteroidal anti-inflammatory drug | |
| Uses temporarily relieves | |
| ■ nasal and sinus congestion | ■ sore throat |
| ■ stuffy nose | ■ head ache |
| ■ minor body aches and pains | ■ fever |
| Warnings | |
| Allergy alert: Ibuprofen may cause a severe allergic reaction, especially in people allergic to aspirin. Symptoms may include: | |
| ■ hives | ■ facial swelling |
| ■ asthma (wheezing) | ■ shock |
| ■ skin reddening | ■ rash |
| ■ blisters | |
| Sore throat warning: Severe or persistent sore throat accompanied by high fever, headache, nausea, and vomiting may be serious. Consult doctor promptly. Do not use more than 2 days or administer to children under 3 years of age unless directed by a doctor. | |
| Do not use | |
| ■ if the child has ever had an allergic reaction to any other pain reliever/fever reducer and/or nasal decongestant | |
| ■ right before or after heart surgery | |
| ■ in a child who is taking a prescription monoamine oxidase inhibitor (MAOI), certain drugs for depression, psychiatric or emotional conditions, or Parkinson's disease, or for 2 weeks after stopping the MAOI drug. If you do not know if your child's prescription drug contains an MAOI, ask a doctor or pharmacist before giving this product. | |

Let's look at the label you have in front of you.

What does Feel Better Cold and Fever Suspension treat?

What are the active ingredients?

(Call on a student to provide one active ingredient and what it does. Call on a second student to provide the second active ingredient and what it does)

(Can then click through 4 clicks to demonstrate all the places on the label that shows us what the medicine treats and with what ingredients.)

Keisha

- Keisha stayed home from school today because she is sick.
- She has a stuffy nose, sore throat, and aches all over.
- Mom gives her some **Get Better cold and fever medicine** before leaving for work.
- Two hours later, Keisha gets one of her really bad headaches. She wants to take her usual headache medicine to make it go away.



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Let's meet Keisha.

Keisha is in high school. When she woke up today, she was feeling really lousy. She had a stuffy nose, a sore throat, and body aches all over. Her mother agreed that she needed to stay home from school and gave her some Get Better cold and fever medicine before she left for work.

Two hours later, Keisha gets one of her really bad headaches. She gets those every now and then. She calls her mom at work and says,

"Mom, I have one of my terrible headaches...can I take my headache medicine?"

Mom is pretty smart and says, "Honey, I don't have the medicines here with me. Please get both medicines and let's look at the labels to see if you can use the medicines together."

Grape Flavor

Get Better

Cold and Fever
Suspension

Relieves:
Fever
Stuffy Nose
Minor aches and pains

Acetaminophen ► Pain reliever/
Fever reducer

Phenylephrine HCL ► Nasal decongestant

Headache Pain Relief

Release

Liqui-gel capsules

Relieves:
Headache
Fever
Minor aches and pains

Acetaminophen ►
Pain reliever/Fever reducer

Drug Facts

Active Ingredients
(in each 5 mL teaspoonful)

Acetaminophen 500 mgPain reliever/
fever reducer

Phenylephrine HCl 5 mg.....Nasal decongestant

Uses temporarily relieves

- nasal and sinus congestion ■ stuffy nose
- headache ■ sore throat
- minor aches and pains ■ fever

Drug Facts

Active Ingredients
(in each capsule)

Acetaminophen 500 mgPain reliever/
fever reducer

Uses temporarily relieves

- headache ■ sore throat
- minor aches and pains ■ fever

Can Keisha take these medicines together?

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The label and Drug Facts for the medicine Keisha took this morning is on the left. (click)

The label and first part of Drug Facts for the headache medicine that Keisha would like to use now to treat her terrible headache is on the right.

(click)

Can Keisha take these two medicines together?

Is there any information on the labels that can help you decide?

(Let the students offer reasons the medicines can or can not be used together. Try to lead them to look at the active ingredients if they don't do it on their own.)

(Click)

Both of these medicines have acetaminophen as an active ingredient. If Keisha takes the right dose of both medicines, then she is taking twice the recommended dose of acetaminophen. This might not be a problem if she does it only once, but if Keisha keeps using both of these medicines 3 or 4 times per day for 2 or 3 days, she could really hurt herself. Too much acetaminophen can damage your liver.

So, NO – Keisha should not use these medicines together.

What should Keisha or Keisha's mom do to find out what Keisha can take for her headache? (Call Keisha's doctor.)

What's all this stuff?

Warnings

Drug Facts
Active ingredients (in each 5 mL teaspoonful)
 ibuprofen 100 mg (NSAID)
 Phenylephrine HCl 5 mg
 "nonsteroidal anti-inflammatory drug"

Purposes
 Pain reliever/
 fever reducer
 Nasal decongestant

Uses temporarily relieves
 nasal and sinus congestion
 stuffy nose
 sore throat
 headache
 fever

Warnings
Allergy alert: Ibuprofen may cause a severe allergic reaction, especially in people allergic to aspirin. Symptoms may include:
 hives
 asthma (wheezing)
 skin redness
 facial swelling
 shock
 rash
 blisters
Sore throat warning: Severe or persistent sore throat accompanied by high fever, headache, nausea, and vomiting may be serious. Consult doctor promptly. Do not use more than 2 days or administer to children under 3 years of age unless directed by a doctor.

Do not use
 if the child has ever had an allergic reaction to any other pain reliever/fever reducer and/or decongestant
 right before or after heart surgery
 in a child who is taking a medicine that is an oxidase inhibitor (like some antidepressants, Parkinson's disease medicine, or MAOI drug). If you are taking a prescription drug, contact your doctor or pharmacist before giving this medicine to your child.

Ask a doctor before use if the child has
 problems or serious side effects from taking pain relievers, fever reducers, or nasal decongestants
 stomach problems that last or come back, such as heartburn, upset stomach, or stomach pain
 ulcers
 bleeding problems
 not been drinking fluids
 lost a lot of fluid due to vomiting or diarrhea
 high blood pressure
 heart or kidney disease
 taken a diuretic

Ask a doctor or pharmacist before use if the child is
 taking any other drug containing an NSAID (prescription or nonprescription)
 taking a blood thinning (anticoagulant) or steroid drug
 under a doctor's care for any continuing medical condition
 taking any other drug

Drug Facts (continued)
When using this product
 take with food or milk if stomach upset occurs
 long term continuous use may increase the risk of heart attack or stroke

Stop use and ask a doctor if
 an allergic reaction occurs. Seek medical help right away.
 the child does not get any relief during the first day (24 hours) of treatment
 fever, pain, or nasal congestion gets worse or lasts for more than 3 days
 stomach pain or upset gets worse or lasts for more than 3 days
 symptoms continue or get worse
 redness or swelling is present in the painful area
 the child gets nervous, dizzy, or sleepless
 any new symptoms appear

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions
 This medicine is for oral use only. Follow the directions on the label. If possible use the enclosed measuring cup. If you do not have a measuring cup, use a spoon. Repeat dose every 6 hours. Do not use more than 4 times a day. Reduce original bottle cap to maintain child resistance. Wash dosage cup after each use.

| Weight (lb) | Age (yrs) | Dose (teaspoonful) |
|-------------|-----------|--------------------|
| under 24 | under 2 | ask a doctor |
| 24-47 | 2 to 5 | 1 tsp |
| 48-65 | 6 to 11 | 2 tsp |

Other information
 do not use if printed neckband is broken or missing
 store at 15-30°C (59-86°F)
 see bottom of box for lot number and expiration date

Inactive ingredients acetylsalicylic acid, citric acid, corn syrup, D&C red #33, FDA&C blue #1, FD&C red #40, flavors, glycerin, hypromellose, polyorbate 80, purified water, sodium benzoate, xanthan gum

Questions? 1-800-123-4567
<http://ichildrensfearbetter.com>

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Now let's look at a different part of the Drug Facts Label.

The part you see outlined in red on the slide takes up more than half of the Drug Facts Label...What is all this stuff?

(click)

Warnings!

Warnings



The warnings section tells you:

- When you **should not** use the medicine at all
- When you should talk to your doctor first
- How the medicine might make you feel
- When you should stop using the medicine
- Things you **should not** do while taking the medicine.



13

(Teach from the slide)

Allergy Alert

- When your body has an allergic reaction, you may have
 - Itching
 - Rash
 - Hives
 - Swelling
 - Fainting
 - Trouble breathing
- If you think you are allergic to a medicine, do not use it.
- If you think that you or someone else is having an allergic reaction,
 - tell an adult right away.
 - If you or someone else is having trouble breathing or if someone faints, call 911.

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Let's talk about the Allergy Alert.

Have any of you had or do any of you know someone who has had an allergic reaction to a medicine?

What happened? (Take answers from students)

Those are really good examples.

When your body has an allergic reaction, you may have: itching, rash, hives (blister, itch skin bumps), swelling, fainting, or trouble breathing.

(click)

If you think you are allergic to a medicine, do not use it. The first reaction you have may only be a rash or hives, but if you use the medicine again, you may get a more severe reaction and stop breathing.

(click)

If you think that you or someone else is having an allergic reaction: tell an adult right away. If you or someone else is having trouble breathing or faints, call 911.

Ask a doctor before use...
Ask a doctor or pharmacist
before use...



- When to ask a doctor, nurse, or pharmacist BEFORE using the medicine.
 - Some medical problems can make using a medicine less safe.
 - Some medicines should never be used together.



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The ***Ask a doctor before use...*** and ***Ask a doctor or pharmacist before use...*** sections are very similar.

(Teach the slide bullets)

When using this product...



- Special information about using the medicine.
- Examples...
 - Take with food.
 - Take with liquids.
 - May cause drowsiness (sleepiness).

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The When using this product section gives you special information about using the medicine.

(click)

Some examples include:

- Take with food
- Take with liquids
- May cause drowsiness.

Stop use and ask a doctor if...

- Reasons to stop taking a medicine include:

- If you have an allergic reaction
- If you have new problems like stomach pain, throwing up, or dizziness
- If you are not feeling better after a certain number of days



17

(Teach from the slide)

Keep out of reach of children



- Young children may think medicine tastes **REALLY GOOD**.
- **Medicine is not candy** and can harm them if they take too much.
- If someone you know takes too much medicine or the wrong medicine, tell an adult right away. Call the **Poison Control Center** for help.

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How many of you have a younger brother or sister?

When kids are little, they don't understand the difference between medicine and candy.

What do you think? Do they make children's medicine taste good or yucky?

(click)

The companies that make medicines make them taste good so that kids will take them when they are sick and need to take them.

(click)

The problem is that some tablet medicines look a lot like Sweet Tarts or Smarties or Skittles. Liquid medicines can taste a lot like Kool Aid or other kids' drinks.

Medicine is not candy and can harm children if they take too much.

(click)

If someone you know takes too much medicine or the wrong medicine, tell an adult right away. Call the Poison Control Center for help. This phone number is on the back of the booklet that you will get at the end of class.

Anthony

- Anthony is 12 years old.
- He is the goalie for his middle school soccer team. Today they play for the county championship.
- Anthony has allergies, and today they are pretty bad. His nose is stuffy and runny and he can't stop sneezing.
- He really wants to feel better before the game. What can he do?



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Let's meet Anthony.

Anthony is in seventh grade. He is the goalie for his middle school soccer team and he is REALLY GOOD.

Today his team plays for the county championship, but Anthony woke up with really bad allergies. His nose is all stuffy and runny. His eyes are watery and he can't stop sneezing. Anthony is really worried that his allergies will keep him from playing his best. What should he do?

(Someone will say...He should take some allergy medicine)

Should he just go off on his own and take some medicine?

No, he should talk to his mom or dad about how he is feeling first.

So, Anthony and his mom and dad go to the high cabinet where they store their medicine, and they start looking for the right kind of medicine for Anthony's allergy problems.



Up on the medicine shelf, Anthony and his parents find this medicine.

Feel Better – Allergy Relief.

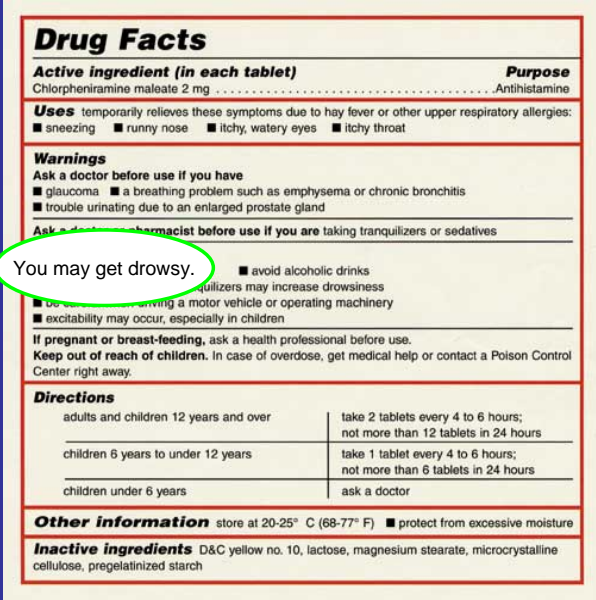
Great! It is an allergy medicine.

What kinds of symptoms or problems does this medicine treat?

What is the active ingredient?

It says here that the active ingredient is chlorpheniramine (klor-fen-ear-u-mean), which is an antihistamine. An antihistamine is the type of medicine that treats most allergy symptoms.

Now let's learn more about this medicine from the Drug Facts Label...



Drug Facts

| Active ingredient (in each tablet) | Purpose |
|------------------------------------|---------------|
| Chlorpheniramine maleate 2 mg | Antihistamine |

Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:
 ■ sneezing ■ runny nose ■ itchy, watery eyes ■ itchy throat

Warnings
Ask a doctor before use if you have
 ■ glaucoma ■ a breathing problem such as emphysema or chronic bronchitis
 ■ trouble urinating due to an enlarged prostate gland

Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives

You may get drowsy. ■ avoid alcoholic drinks
 ■ tranquilizers may increase drowsiness
 ■ Do not drive a motor vehicle or operate machinery
 ■ excitability may occur, especially in children

If pregnant or breast-feeding, ask a health professional before use.
Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

| | |
|---------------------------------------|--|
| adults and children 12 years and over | take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours |
| children 6 years to under 12 years | take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours |
| children under 6 years | ask a doctor |

Other information store at 20-25° C (68-77° F) ■ protect from excessive moisture

Inactive ingredients D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch

I don't want you to try to read this whole label.

I want to focus on one particular warning in the **When using this product** section....(click)

It says "You may get drowsy."

Is that a good thing? Anthony needs to play in a soccer game. This might be a great medicine for him to take if it was bedtime and he wanted his allergy symptoms to get better so he could sleep. But it may not be the best choice for a medicine before his championship soccer game.

So, Anthony and his parents rummage around a bit more through the medicines on the shelf and they find....



Hey, look at that. It is another “Feel Better” allergy medicine, but this one is called: ***Feel Better Allergy and Congestion Relief.***

Let’s see how this medicine compares to the last one.

What kinds of problems does this medicine treat??

That’s right. This one still treats Anthony’s sneezing and itchy, watery eyes, but it also treats his stuffy nose.

What are the active ingredients? Can we tell? This medicine has our old friend phenylephrine in it....what does the phenylephrine do? Yes, it treats the stuffy nose.

But look, it also has an antihistamine like the other allergy medicine did. Is this the same antihistamine or a different antihistamine than the one in the other box? (Flip back to slide 21 and then come back to slide 23).

This is a different antihistamine. Let’s look at the Drug Facts Label and see what this means for Anthony.

Feel Better: Allergy and Congestion Relief

| Drug Facts | |
|---|-------------------------------------|
| Active ingredients | Purposes |
| (in each tablet) Loratadine 5 mg Pseudoephedrine HCl 10 mg | Antihistamine Nasal decongestant |
| Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies | |
| <ul style="list-style-type: none"> runny nose itchy, watery eyes sneezing itching of the nose or throat temporarily relieves nasal congestion due to the common cold, hay fever or other upper respiratory allergies reduces swelling of the nasal passages temporarily relieves sinus congestion and pressure | |
| Warnings | |
| Do not use <ul style="list-style-type: none"> if you or the child has ever had an allergic reaction to this product or any of its ingredients and/or another nasal decongestant if you or the child is taking a prescription monoamine oxidase inhibitor (MAOI), certain drugs for depression, psychiatric or emotional conditions, or Parkinson's disease, or for 2 weeks after stopping the MAOI drug. If you do not know if your child's prescription drug contains an MAOI, ask a doctor or pharmacist before giving this product. | |
| Ask a doctor before use if you or the child has <ul style="list-style-type: none"> heart disease high blood pressure trouble urinating due to an enlarged prostate gland liver or kidney disease. Your doctor should determine if you need a different dose. thyroid disease diabetes | |
| Ask a doctor or pharmacist before use if the child is <ul style="list-style-type: none"> taking any other drug containing an NSAID (prescription or nonprescription) taking a blood thinning (anticoagulant) or steroid drug under a doctor's care for any continuing medical condition taking any other drug | |

Taking more than directed may cause drowsiness.

| <ul style="list-style-type: none"> if symptoms do not improve within 7 days or are accompanied by fever nervousness, dizziness, or sleeplessness occurs. | | | | | | | | | |
|--|---|-----------|--------------------|---------|--------------|--------------|--|------------|---|
| If pregnant or breastfeeding , ask a health care professional before use. | | | | | | | | | |
| Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away. | | | | | | | | | |
| Directions | | | | | | | | | |
| <table border="1"> <thead> <tr> <th>Age (yrs)</th><th>Dose (teaspoonful)</th></tr> </thead> <tbody> <tr> <td>under 2</td><td>ask a doctor</td></tr> <tr> <td>2 to under 6</td><td>Chew one tablet daily, no more than 1 tablet in 24 hours</td></tr> <tr> <td>6 to adult</td><td>Chew 2 tablets daily, not more than 2 tablets in 24 hours</td></tr> </tbody> </table> | | Age (yrs) | Dose (teaspoonful) | under 2 | ask a doctor | 2 to under 6 | Chew one tablet daily, no more than 1 tablet in 24 hours | 6 to adult | Chew 2 tablets daily, not more than 2 tablets in 24 hours |
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| under 2 | ask a doctor | | | | | | | | |
| 2 to under 6 | Chew one tablet daily, no more than 1 tablet in 24 hours | | | | | | | | |
| 6 to adult | Chew 2 tablets daily, not more than 2 tablets in 24 hours | | | | | | | | |
| Other information | | | | | | | | | |
| <ul style="list-style-type: none"> safety sealed. Do not use if blister pack is broken or not labeled store at 20-25°C (68-77°F) | | | | | | | | | |
| Inactive ingredients acesulfame potassium, citric acid, corn syrup, D&C red #33, FDA&C blue #1, FDA&C red #40, flavors, glycerin, hypromellose, polyorbate 80, purified water, sodium benzoate, xanthan gum | | | | | | | | | |
| Questions? 1-800-123-4567 http://ChildrensFeelBetter.com | | | | | | | | | |

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Again, don't try to read this whole label. Let's look at this one warning in the **When using this product section**:

(click)

It says, "Taking more than directed may cause drowsiness."

Should Anthony ever take more than directed on the label? NO.

So, if Anthony follows directions and takes the correct dose of the medicine, this medicine should not make him sleepy. Also, this medicine will help his stuffy nose.

So, Anthony takes some Feel Better, Allergy and Congestion Relief, he feels better, and his team wins the game!

(If you click the megaphone in the lower left corner of the slide, the crowd will cheer Anthony's victory).

Drug Facts

Active ingredients
(in each 5 ml teaspoonful)
ibuprofen 100 mg (NSAID)*Pain reliever/fever reducer
Phenylephrine HCl 5mgNasal decongestant
*nonsteroidal anti-inflammatory drug

Purposes
temporarily relieves
■ nasal and sinus congestion
■ stuffy nose ■ head ache ■ sore throat
■ minor body aches and pains ■ fever

Uses
temporarily relieves
■ nasal and sinus congestion
■ stuffy nose ■ head ache ■ sore throat
■ minor body aches and pains ■ fever

Warnings
Allergy alert: Ibuprofen may cause a severe allergic reaction, especially in people allergic to aspirin. Symptoms may include:
■ hives ■ facial swelling
■ asthma (wheezing) ■ shock
■ skin reddening ■ rash ■ blisters
Sore throat warning: Severe or persistent sore throat accompanied by high fever, headache, nausea, and vomiting may be serious. Consult doctor promptly. Do not use more than 2 days or administer to children under 3 years of age unless directed by a doctor.

Do not use
■ if the child has ever had an allergic reaction to any other pain reliever/fever reducer and/or nasal decongestant
■ right before or after heart surgery
■ in a child who is taking a prescription monoamine oxidase inhibitor (MAOI), certain drugs for depression, psychiatric or emotional conditions, or Parkinson's disease, or for 2 weeks after stopping the MAOI drug. If you do not know if your child's prescription drug contains an MAOI, ask a doctor or pharmacist before giving this product.

Ask a doctor before use if the child has
■ problems or serious side effects from taking pain relievers, fever reducers, or nasal decongestants
■ stomach problems that last or come back, such as heartburn, upset stomach, or stomach pain
■ ulcers
■ bleeding problems
■ not been drinking fluids
■ lost a lot of fluid due to vomiting or diarrhea
■ high blood pressure
■ heart or kidney disease
■ taken a diuretic

Ask a doctor or pharmacist before use if the child is
■ taking any other drug containing an NSAID (prescription or nonprescription)
■ taking a blood thinning (anticoagulant) or steroid drug
■ under a doctor's care for any continuing medical condition
■ taking any other drug

Drug Facts (continued)

When using this product
■ take with food or milk if stomach upset occurs
■ long term continuous use may increase the risk of heart attack or stroke

Stop use and ask a doctor if
■ an allergic reaction occurs. Seek medical help right away.
■ the child does not get any relief during the first day (24 hours) of treatment
■ fever, pain, or nasal congestion gets worse or lasts for more than 3 days
■ stomach pain or upset gets worse or lasts
■ symptoms continue or get worse
■ redness or swelling is present in the painful area
■ the child gets nervous, dizzy, or sleepless
■ any new symptoms appear

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Other information
■ do not use if printed neckband is broken or missing
■ store at 15-30°C (59-86°F)
■ see bottom of box for lot number and expiration date

Inactive ingredients acetaminophen potassium, citric acid, corn syrup, D&C red #33, FD&C blue #1, FD&C red #40, flavors, glycerin, hypromellose, polysorbate 80, purified water, sodium benzoate, xanthan gum

Questions? 1-800-123-4567
<http://iChildrensFeeBetter.com>

What else do
you want to
know about
your medicine?

How to
use the
medicine

**Directions
For Use**

Now that you think you have found the right medicine for your problem, what else do you want to know about your medicine?

(click)

How to use it.

(click)

Every Drug Facts Label has a section called **Directions for use**.

Directions



- How much medicine to use
- How often to use it
- How long you can use it



How should you measure your dose of medicine?

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The directions tell you.....

(click)

- How much medicines to use
- How often to use it
- How long you can use it.

(click)

So, once you find out how much medicine to take, is it okay to just grab any old teaspoon or tablespoon from your kitchen to measure your medicine?

NO!

If we all brought in a spoon from home, we would find out that they are not the same size and don't hold the same amounts of medicine.

You need a medicine measuring tool to correctly measure your dose of medicine.

Measuring Tools for Medicines



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A lot of liquid over-the-counter medicines for children and adults come with a little measuring cup like the one you see at the top of the slide. A lot of infant medicines for very young children come with a syringe so you can squirt the medicine into the back of their mouths.

If your medicine does not come with a measuring tool, pharmacies sell measuring spoons made for measuring medicine like the one shown on the slide in the middle.

It is important to wash these measuring tools with soap and water after using them so they don't pass germs from one person in your family to another.

Other information and Inactive ingredients



- Other information -
 - How to keep your medicine when you are not using it.
- Inactive ingredients - used to:
 - Form a pill
 - Add flavor or color
 - Make a tablet or film dissolve quickly on your tongue
 - Help a medicine last longer on the shelf



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We are now at the very end of the Drug Facts Label.

(click)

(Teach from the slide)



Questions or Comments

Where to find a telephone number or website to:

- ask questions about the medicine
- report an unexpected reaction to the medicine



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The very last section of the Drug Facts label gives you information about how to contact the company that makes the medicine. Sometimes you may have a question about the medicine. Sometimes you may have an unexpected reaction to a medicine.

If you have an unexpected reaction to a medicine, it is very important to call and let the company know. The companies that make medicines are required to keep track of all unexpected reactions to their medicines and report them to the Food and Drug Administration. The doctors and other health specialists at the FDA look at these reports and watch for any sign that a medicine may not be as safe as they thought.

Reports about medicines from people who use them provide important information.

Be Safe!!



Use your OTC medicines wisely

Take Home Messages

- Speak with a parent or adult before using any medicine.
- Read the label carefully.
 - The information you need to use your OTC medicine safely and correctly is in the Drug Facts Label.
- OTC medicines are serious medicines.
 - Be smart about what you put into your body - it's the only body you have.



We hope you will share this information
with your family.
Thank you.



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Additional Resource Slides

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The Food and Drug Administration (FDA) is the part of our government that makes sure that:

- Medicines and vaccines are safe to use and do what they say they do
- Veterinary medicines are safe and do what they say they do for animals
- Devices and tools used in medicine are safe and work right (toothbrushes, contact lenses, X-ray machines, lasers)
- Cosmetics like make-up and skin lotions are safe.

Today we are going to be talking about the safe and correct use of medicines, mostly over-the-counter medicines. All of the prescription and over-the-counter medicines you use are approved by the FDA.